

READING NEIGHBORS NETWORK (RNN)
“Socializing with a Purpose”

Our Purpose: RNN members support one another in aging so that we can continue to remain in our homes for as long as we want to and is feasible. RNN is based on three principles: **(1) *learning through monthly informational/educational meetings***, **(2) *participating in one or more Interest Groups*** to share interests and foster social relationships, and **(3) *volunteering for at least one Lend a Hand activity*** to help other members, if you are able.

Membership Criteria: RNN is intended for people who either live in or have close ties to Reading. The annual membership fee **(\$25 per person)** helps cover expenses.

2024-2025 Membership Information

Contact Information: Please provide one form for each family member joining.

- Name _____
- Address _____
- Home phone _____ Cell _____
- Email address _____

If another member offered you a ride, would you be able to attend more events? **Yes No**

Interest Groups: (please see descriptions on back)

Please check all Interest Groups you would like to join.

Board Games ___ Film/Arts ___ KoffeeKlatch ___
LunchBunch___ Meditation___ Men’s Billiards ___
PickleBall___ What’s Cooking?___

Lend a Hand: Whenever possible, members support one another with short-term/occasional help. If you are able, please check one or more type of help you can offer.

- ___ **Provide ride, e.g.,** to an appointment, to Logan Express, to an RNN event
- ___ **Accompany member to an appointment**
- ___ **Help homebound member, e.g.,** call/visit, take a meal, get groceries, run errand
- ___ **Help with basic “tech” questions, e.g.,** computer, cell phone, TV
- ___ **Help around the house, e.g.,** minor repairs, light gardening, pet care

If you have any questions, please go to <http://www.Readingnn.club> and click Contact Us.

Please complete your form, write a check (\$25 per person, made out to Reading Neighbors Network), and send them to Reading Neighbors Network, P.O. Box 335, Reading MA 01867

Thank you for joining Reading Neighbors Network!

Description of Interest Groups

- **Board Games:** Monthly gatherings. Bring your favorite game to share, or learn a new one someone else brings.
- **Film / Arts:** Monthly gatherings (in-person or via ZOOM) for films, plays, music, museums, or great cuisine.
- **Koffee Klatch:** Monthly (or more) gatherings at a local cafe, park or library for friendship, food, and fun.
- **Lunch Bunch:** Monthly outings for breakfasts, brunches, and lunches at various locations with friends.
- **Meditation:** Twice-monthly meetings to explore a variety of traditions and techniques, using breath awareness, concentration, visualizations, sensory (body) awareness, mantras and loving-kindness to lower stress levels and benefit both physical and mental health.
- **Men's Billiards:** Twice-monthly get-togethers to play Pool, Ping Pong, and enjoy refreshments. No expertise required.
- **PickleBall:** A game resembling tennis in which player hits a perforated ball over a net with a short paddle. Can be fast or slower paced but is always a lot of fun. No experience required.
- **What's Cooking?:** Meeting monthly, members prepare a food item from a cookbook, author, country or theme, then share the dishes and recipes over lunch. Everyone gets to tell good and bad experience with the recipes! May meet in member's homes or at RPL where attendees will split room rental cost.

Pop-Up Events - These activities are not a formal interest group, but outings that any member may arrange on short notice by sending information to the entire RNN membership by email (ReadingNN@GoogleGroups.com) announcing date and place to meet. Past Pop-Ups have included a hike, snowshoeing meet-up, a picnic in the park, a screening of a cultural event, a wildflower walk, and Conversation Circles with a variety of topics. Let your creativity and interest take off!